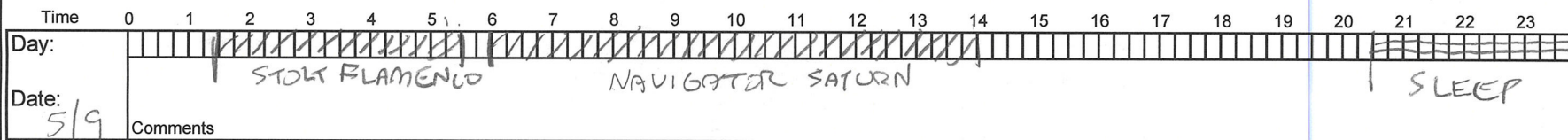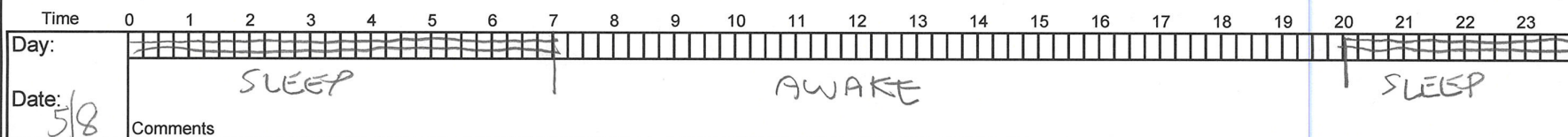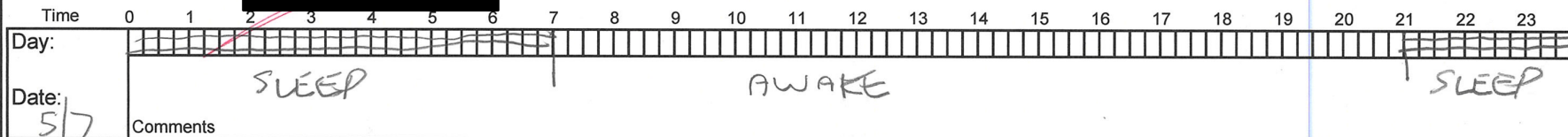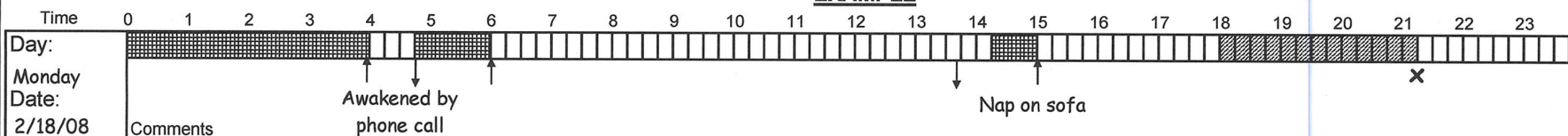# Sleep/Activity Log

Use the key at the bottom of the page to depict the time of the crash and the sleep/wake/duty times for the pilot in the days leading to the crash. Start with the day/date of the crash fill in the 3 preceeding days along the left. Then, interview the pilot about the time he/she began and ended each duty period and sleep period for each day before the crash. Include naps as well as main sleeps. Enter any comments in the space below the timeline.

Accident Number: _____   Accident Date: **5-10-19**   Date Completed: **5-14-19**

Pilot Name: **JASON CHARPENTIER**   ASI Name: _____   Source Codes: _____

Day 5/7

Time	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23
Day:	SLEEP .... AWAKE .... SLEEP
Date: 5/7	Comments

Day 5/8

Time	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23
Day:	SLEEP .... AWAKE .... SLEEP
Date: 5/8	Comments

Day 5/9

Time	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23
Day:	STOLT FLAMENCO .... NAVIGATOR SATURN .... SLEEP
Date: 5/9	Comments

Day 5/10

Time	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23
Day:	SLEEP .... AWAKE .... GENESIS RIVER
Date: 5/10	Comments

EXAMPLE

Time	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23
Day: Monday Date: 2/18/08	Awakened by phone call Nap on sofa x
	Comments

KEY: ↓ = went to bed   ↑ = woke up   ▦ = asleep   ▨ = on duty   **x** = crash

Sleep/Activity Log

Use the key at the bottom of the page to depict the time of the crash and the sleep/wake/duty times for the pilot in the days leading to the crash. Start with the day/date of the crash fill in the 3 preceeding days along the left. Then, interview the pilot about the time he/she began and ended each duty period and sleep period for each day before the crash. Include naps as well as main sleeps. Enter any comments in the space below the timeline.

Accident Number: _____

Accident Date: 5/10/19

Date Completed: 5/13/19

Pilot Name: K BARTON

ASI Name: _____

Source Codes: _____

Time | 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

Day: TUE
Date: 5/7
Comments: SLEEP   AWAKE   NAP   AWAKE

Day: WED
Date: 5/8
Comments: SLEEP   AWAKE   SLEEP   AWAKE OVERSEAS NEW YORK OUTBOUND

Day: THUR
Date: 5/9
Comments: OVERSEAS NEW YORK   PILOT BOAT NAP   BOARDED M/V YANNIS INB   AWAKE   BED SLEEP

Day: FRI
Date: 5/10
Comments: SLEEP   AWAKE   PILOT BOAT   BW OAK INB   AWAKE

EXAMPLE

Time | 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

Day: Monday
Date: 2/18/08
Comments: Awakened by phone call   Nap on sofa   x

KEY: ↓ = went to bed   ↑ = woke up   ▦ = asleep   ▨ = on duty   x = crash